



Home on

The Range

In the past 10 years mushroom consumption in the United States doubled, and countless restaurant menus carry dishes such as sauteed mushrooms, tossed salads with mushrooms and spinach, crepes with mushroom filling; creamy soup, thick with sliced mushrooms; and burgers with mushroom sauce, just to name a few. So, if chefs are incorporating this vegetable in their elegant dishes, why can't housewives?

This week "Home on the Range" is featuring this vegetable for that reason - you can add some zing to your meals cooked at home.

For those women who haven't used mushrooms frequently and are therefore in the dark about this food, the following tips are offered by the American Mushroom Institute:

1. Mushroom size is no indication of quality. Large ones are as tender as the small ones, but they look more deluxe, so they generally command higher prices. Buy larger mushrooms for stuffing or where appearance is important. Smaller sizes are for slicing.
2. Mushrooms with closed "veils" pulled tight around their stems are the freshest. However, they are still perfectly good for use after the veil has opened and the gills are exposed, or even with occasional bruise spots.
3. Do not open the containers until needed. A quick rinse and draining is sufficient preparation.
4. All the vegetable is usable; it should never be peeled. If slicing or chopping is required, a day's supply will keep satisfactorily under refrigeration.
5. Canned mushrooms are very handy and practical for mostly all mushroom dishes. These canned mushrooms are packed as buttons, (or crowns) or sliced, or as stems - and - pieces.

So, why not give some of the following recipes a try and see if your family can taste the difference that mushrooms make?

BAKED MUSHROOMS WITH BLEU CHEESE

- 2 pounds large fresh mushrooms, cleaned
- ½ cup crumbled bleu cheese
- 1 cup dry bread crumbs
- one-eighth teaspoon minced chives
- 2 tablespoons butter or oleo
- ¼ cup sherry (optional)
- ½ cup heavy cream

Remove stems from mushrooms; place a piece of cheese in each cavity. Saute crumbs and chives in butter (or oleo) until coated; add remaining cheese. Place a layer of crumbs in buttered casserole; add mushrooms, cavity-side up. Sprinkle with sherry and remaining crumbs; cover with cream. Bake, covered, at 375 degrees F. for 25 minutes. Yields six servings.

Mrs. James Coombs
Gardners, Pa.

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HAM-FILLED MUSHROOM APPETIZERS

- 1 pound large mushrooms (about 20)
- 1 cup minced or ground cooked ham
- 1 small onion, minced or ground

- ¼ cup butter (softened)
- 2 tablespoons minced parsley
- ¼ teaspoon salt
- Dash salt and pepper
- ½ cup water
- 2 tablespoons oil

Remove stems from mushrooms and mince or grind stems. Place in bowl and stir in ham, onion, butter, parsley, salt, and pepper. Fill mushroom caps generously. Place in 13 by 9 by 2 inch baking dish. Pour water and oil around mushrooms and bake in preheated 400 degree F. oven for 15 to 20 minutes or until tops are lightly browned. Arrange on warm serving plate. Makes about 20 appetizers.

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MUSHROOMS WITH SOUR CREAM AND BACON

- 2 pounds fresh mushrooms
- 1 medium or 3 green onions (Depending on individual taste for onions)
- 1 cup sour cream
- 1 tablespoon minced parsley
- 3 strips bacon, cooked and crumbled
- ½ stick butter or margarine
- 1 tablespoon flour
- 1 teaspoon salt
- ½ teaspoon pepper

Wash mushrooms; break off stems. Slice caps into quarters if large. Saute in butter (or margarine) for a few minutes; add onions. Simmer, covered, for 15 minutes. Sprinkle flour over mushrooms, stirring lightly. Add sour cream, salt, and pepper; heat. Do not boil. Sprinkle with parsley and crumbled bacon; serve at once. Yields six servings.

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CRUNCHY STUFFED MUSHROOMS

- 1 pound fresh mushrooms
- Salt
- 1 package (8 oz.) cream cheese, softened
- ½ cup coarsely chopped walnuts
- ¼ cup thinly sliced scallions or green onions
- ½ teaspoon Worcestershire sauce

Rinse, pat dry, and remove stems from mushrooms. Chop one cup of the stems; set aside. Sprinkle caps lightly with salt; set aside. In a small bowl beat cream cheese with walnuts, scallions, Worcestershire sauce, and reserved stems until well blended. Spoon into mushroom caps. If desired, garnish with chopped walnuts. Yields about 20 hors d'oeuvres.

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DEILED EGGS WITH MUSHROOMS

- 8 hard cooked eggs
- 2 tablespoons vinegar
- 1 teaspoon dry mustard
- ½ teaspoon salt

- Dash pepper
- 1 teaspoon sugar
- 3 tablespoons melted butter
- ½ teaspoon Worcestershire sauce
- 2 tablespoons mayonnaise
- 4 tablespoons butter
- ¼ pound mushrooms, sliced
- 4 tablespoons flour
- 1 teaspoon salt, little pepper
- 2 cups milk
- 1 cup butter
- Soft bread crumbs

Cut eggs lengthwise into halves. Put the yolk through a fine sieve. Add the next seven ingredients. Beat until smooth and well blended. Fill whites with the yolk mixture and place in a greased utility dish that is 15 by 9 by 2. Melt the four tablespoons butter on a low heat, add the mushrooms, and saute them until they are light brown and tender. Add flour, salt, and pepper. Stir until well blended. Add the milk slowly, stirring as you add and let the mixture cook until creamy and thickened. Pour sauce over the egg, sprinkle with the buttered crumbs and bake at 350 degrees F. for 20 to 25 minutes or until crumbs are brown. Serves four to six.

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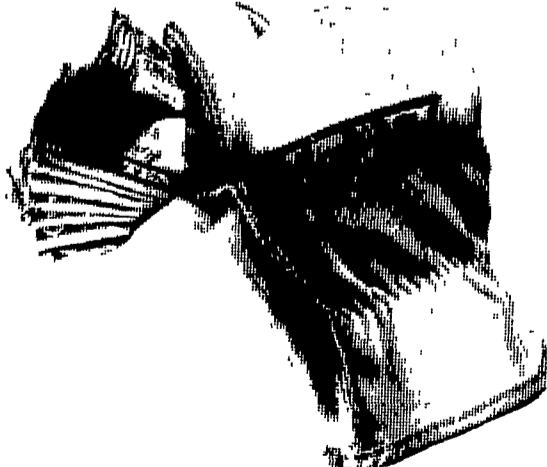
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